

Focus on Health

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Gynecologic Endocrinology

Plantar Warts

There is a new tool for treatment of plantar warts, according to an article in *The American Academy of Dermatology* in October 2010. Injection of the measles-mumps-rubella (MMR) vaccine directly into the wart is very effective and well tolerated.

Companionship

Marriage does not necessarily guarantee a longer life, but it is beneficial for men. Women who divorce and never remarry do fine.

Retire?

Relaxation and early retirement do not ensure long-lasting health. A sustained work life matters a great deal more than even a sense of happiness. So think twice before retiring.

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Onions

Top your burger with sliced red onion instead of white, according to a study at the Chinese University of Hong Kong. This lowers LDL cholesterol by 20% over 8 weeks. Sulfoxides – which give the bulbs their bite – and plant sterols may be responsible for the benefit.

Mom Knows

Your mother was right. Don't touch your face, especially the eyes or nose, if at all possible. The average person touches his or her face hundreds of times a day and picks his nose as often as five times an hour.

As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. The information in this newsletter is derived from periodicals and books which I have read and whose information I have consolidated. Perhaps you have seen an item that I have not included in this list or have not seen myself. If so, feel free to bring it to my attention.

Cold Viruses

When it comes to the common cold, we are our own worst enemies. One cold differs from another because of the way the host body responds. This explains why products taken to boost immune response may actually make symptoms worse. Cold viruses stay on door handles, pens, light switches, cell phones, grocery carts, TV remotes, etc. for up to 18 hours.

Vitamin C

Vitamin C is a major regulator of cell behavior, as is stated in an article in *Cell Stem Cell*, 2010;6:71-79. It is the only substance that reprograms adult cells back into stem cells and also enhances cell survival.

Tilapia

Tilapia is one of the most highly consumed fish in the United States. It has very low levels of beneficial Omega 3 fatty acids and high levels of Omega 6 fatty acids (the bad ones). Therefore, it is a very poor fish choice.

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